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Individual Chocolate Souffles Recipe

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By [Rebecca Franklin](#), About.com Guide

The first recipe I teach my students is a simple chocolate soufflé. It is a magical, airy, rich, and complex confection that perfectly rounds out any meal. Served fresh out of the oven, it delights young children and impresses dinner guests.

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- 1/3 cup granulated sugar, plus 2 tablespoons for sprinkling
- 5 ounces bittersweet chocolate, chopped finely
- 3 large egg yolks, room temperature
- 6 large egg whites, room temperature
- 1/16 teaspoon salt
- Butter
- Powdered sugar

Preparation:

Preheat oven to 375 degrees. Butter 6 individual soufflé ramekins and sprinkle with sugar; set aside.

Melt chocolate pieces in a metal bowl over barely simmering water, constantly stirring. (Even a small amount of overheated chocolate will ruin an entire recipe.) Once the chocolate is melted, remove the bowl from heat and stir in the egg yolks.

In a separate bowl, beat egg whites with salt on medium high speed until they hold soft glossy peaks. Continue beating egg whites on high speed, gradually adding the remaining 1/3 cup sugar, until the egg whites hold stiff glossy peaks.

Gently stir 1/3 of the egg whites into the chocolate mixture, then carefully fold in the remaining egg whites. The chocolate mixture should be light and bubbly, and even colored, without egg white streaks.

Spoon your soufflé mixture into the prepared ramekins and allow to rest for up to 30 minutes or bake right away for 12 – 15 minutes (slightly longer at high altitudes) until risen with a crusty exterior. Serve with a dusting of cocoa or powdered sugar if desired.



Chocolate Soufflé
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Makes 6 servings.

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